

Health Matters

Keeping you informed about the news and views of Blackpool Teaching Hospitals

Herb garden is blooming!



INSIDE THIS ISSUE:

Going green

New herb garden provides an oasis of calm — Page 3

Celebrate with us

We want you to nominate Trust staff for our annual awards — Page 3

Welcome from the Chief Executive

HELLO and welcome to the latest edition of your Health Matters newsletter.



The Trust has this week launched its annual Celebrating Success Awards and we need patients, carers, relatives and members of the public to nominate staff who have gone above and beyond the call of duty for our Patients Award. This award gives you the chance to nominate a staff member who you feel gave you, a relative or a friend great care. We know that day in day out our staff do great work and we really do want to hear from as many people as possible.

We also want the support of the public to help us achieve a world record. We want as many people as possible to go to Lytham Festival's main arena on Lytham Green on Saturday, July 21, to help break the record for the most people exercising to a fitness video. The current record, set in China, stands at 4,814 people. Dancing on Ice star Dan Whiston is leading the routine which will be great fun.

Finally we had a really welcome visitor in the shape of therapy horse, Digby, this week. Read about his day here on page 6.

**Wendy Swift,
Chief Executive**

Contents

News

Nominate your Trust health heroes

WE need patients, carers, relatives and members of the public to nominate staff who have gone above and beyond the call of duty for our Patients' Award. - **Page 3**

Garden is blooming

CATERING staff at Blackpool Victoria Hospital are enjoying the sweet smell of success, after developing their own herb garden on the site. - **Page 4**

Cystic Fibrosis talk

FYLDE coast residents are invited to attend a free presentation on Adult Cystic Fibrosis. - **Page 5**

Therapy horse makes a welcome visit

ONE year-old American miniature horse, Digby. Was a welcome visitor to Blackpool Victoria Hospital.- **Page 6**

We need you for World Record attempt

DANCING on Ice star Daniel Whiston has urged people across to join him to break a Guinness World Record. - **Page 7**



Help us recognise our shining stars by nominating staff for our Celebrating Success Awards - Page 3

Health Matters is also available online at www.bfwh.nhs.uk

You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: www.bfwh.nhs.uk/healthmatters

Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956875 or 953538 or email communications@bfwh.nhs.uk

We are looking for YOUR NHS heroes



OUTSTANDING NHS employees are honoured annually at the Trust's Celebrating Success Awards ceremony – and we are asking patients, carers, relatives and members of the public to nominate staff who have gone above and beyond the call of duty to care for patients and their families.

The highly coveted Patients' Award category attracted more than 200 nominations last year for teams and individuals working for the Trust. All nominated staff members get a certificate to acknowledge the work they do and the winning contender gets a cash prize to reinvest in their area of the Trust. The category is sponsored by legal firm Weightmans.

Last year the judging panel was delighted that so many people took the time to nominate members of staff for The Patients' Award and they are looking forward to reading about the care you or your loved ones have received from Trust staff. If you would like to nominate a member of staff from either the community or acute hospital who gave you, or someone in your family, an exceptional level of care – we'd love to hear from you.

Wendy Swift, Chief Executive, said: "Our Celebrating Success Awards recognise the exceptional work that is carried out by our staff. We are privileged to have these highly committed members of staff who strive for excellence and are constantly working to provide the best care possible for our patients."



Last year's Patients Awards winners from the Cardiac Centre

Last year's winner was Mr Joseph Zacharias and his Cardiac team. They were nominated by a number of patients who commented on the professionalism, compassion and care shown by every member.

If you would like to nominate a member of Blackpool Teaching Hospitals staff from either the community or acute hospital who gave you, or someone in your family, an exceptional level of care – we'd love to hear from you.

You can nominate by contacting the Communications Office at Blackpool Teaching Hospitals on 01253 956941, emailing communications@bfwh.nhs.uk or by writing to Communications Office, Home 15, Whinney Heys Road, Blackpool FY3 8NR and requesting a nomination form.

Alternatively forms can be filled in online by visiting the Trust's website at <https://www.bfwh.nhs.uk/about-our-trust/celebrating-success-awards/>

Herb garden's sweet smell of success

CATERING staff at Blackpool Victoria Hospital are enjoying the sweet smell of success, after developing their own herb garden on the site.

A special rooftop herb garden has been put in place to grow herbs such as parsley, mint and thyme as well as fruits such as strawberries. All the goods are then used by the hospital's catering team in their home-made recipes.



Darren Cadwell and Patrycja Przepiora in the Herb garden

Lorna Miller, the Trust's Catering Manager, said: "As member of staff mentioned the idea of a herb garden some time ago both as a cost initiative but also as a therapeutic initiative for our staff.

"A member of staff mentioned the idea of an herb garden some time ago as both a cost saving and therapeutic initiative for our staff.

"We have people who have their own small holdings and they have worked in their own time to put the area together and come in on their days off to maintain it. They really enjoy it and it has been a really successful initiative."

Kitchen Manager, Darren Cadwell, said: "The garden has really caught the imagination of staff. It is something they really take pride in."

The new herb garden was constructed and installed by Atlas, who manage ground maintenance and gardening services for the Trust.

Atlas' Estates Technician, Ian Wilding, who manages the Grounds Maintenance team said: "The new herb garden is a wonderful idea and looks great.

"The novel project shows innovative thinking by Lorna and her team, to not only help reduce costs, but in utilising unused space for something that benefits patients, staff, visitors and the environment."



Members invited to hear CF expert's talk

FYLDE coast residents are invited to attend a free presentation on Adult Cystic Fibrosis at the latest health seminar for members of Blackpool Teaching Hospitals NHS Foundation Trust.

Dr Tarek Saba, Consultant Chest Physician, will host a seminar on **Tuesday, June 19, 2018 at 3pm** in the Cardiac Lecture Theatre, Cardiac Centre, Blackpool Victoria Hospital.

To tie in with National Cystic Fibrosis Week, Dr Saba and the team will be explaining what Cystic Fibrosis is, what treatments are available, and telling us about the new Blackpool Adult Cystic Fibrosis Service that was launched last year.

Cystic Fibrosis is one of the most common inherited conditions in the Western world. It affects many parts of the body, including the lungs, liver and bowels. There have been tremendous advances in treatment in recent years and quality of life and life expectancy have improved a great deal.

Dr Saba said "It's really exciting that we now have an Adult Cystic Fibrosis Service in Blackpool so that patients and their families can get their care closer to home."

To book a place on the seminar please contact



Dr Tarek Saba

Lauren Kavanagh in the Trust's Membership Office, on 01253 956361. We ask that you sign up to become member of the Trust to attend. Membership can be arranged over the phone.

Membership doesn't cost anything, and there are numerous benefits for the Trust and the local community alike, which can be seen on the Trust's website: www.bfwh.nhs.uk.

Your application can be received via the website, by post or by telephone.

Save the date!
CF Week 2018

18–24 June 2018

Invite your family, friends and colleagues and join us for our annual awareness and fundraising week.

A colorful cartoon illustration for CF Week 2018. It features three anthropomorphic characters: two white ones and one yellow one. The white characters are holding a megaphone and a corn on the cob. The yellow character is holding a clipboard with a checkmark and a small keyboard. They are all smiling and appear to be part of a fun, community-oriented event.

Therapy horse trots in for a special visit

BLACKPOOL Victoria Hospital welcomed a special visitor who put the 'whinny' into Whinney Heys Road.

One year-old American miniature horse, Digby, is the first guide horse in the UK and is one of a small number of therapy horses across the country. He dropped in for a special visit to be 'neigh'bourly to staff and patients.

Two foot tall Digby was accompanied by Katy Smith, owner of KL Pony Therapy in Northallerton, who has 30 years of experience working with horses.

She said: "Our ponies are trained to be social and they create lovely memories for the patients they meet, particularly if they are feeling fed up."

"The miniature horses can live up to 50 years, which makes them ideal as guide horses for the blind and partially sighted. They enjoy doing visits and love to meet people."

Digby's visit was arranged by doctor and horse rider, Emma Jackson. She said: "I had heard of the ponies visiting hospitals and care homes and thought it would be a great idea for the horses to visit our Critical Care Unit among others."

Digby proved a real hit with patients as does the



Dr Emma Jackson, Dr Jason Cupitt and Katy Smith with Digby

therapy dog, Dandy, who visits the Critical Care Unit every week.

Critical Care Consultant, Dr Jason Cupitt, paid for Digby's visit himself because of the healing qualities that animals can bring to patients.

He said: "We know that animals have been proven to aid psychological wellbeing as we have seen with the regular therapy dog visits."

"Sometimes a visit from an animal is just what a patient needs to get well again. And who can't relate to a lovely animal like a dog or a horse?"

Digby's colleague, Mr P, a yearling, also visited the Unit then went on to visit the Children's Ward for a little horseplay.

Step up to Guinness World record test

DANCING on Ice star Daniel Whiston has urged people across the Fylde coast to join him to break a Guinness World Record and promote a 'fitter Fylde coast' this summer.

People have been encouraged to bring their children and families to Lytham Festival's main arena on Lytham Green on Saturday, July 21, to help break the record for the most people exercising to a fitness video. The current record, set in China, stands at 4,814 people.

To help celebrate the 70th birthday of the NHS on July 5, local doctors have teamed up with Lytham Festival organisers Cuffe & Taylor to hold the attempt in the middle of the Lancashire music festival. Local councils and other organisations including the Blue Skies Foundation have also played a part in organising the record attempt.

To register to take part in the world record attempt, go to www.fitterfyldecoast.nhs.uk

Three-times Dancing on Ice champion and fitness instructor Daniel will be leading the world record attempt from the main stage at Lytham Festival.

Daniel said: "I'm delighted to help the Fylde coast NHS in attempting to break this world record. We should be proud of all the NHS does for us and this seems a really good way to celebrate its 70th birthday."

"Exercise is so important for us all and I hope as many people as possible can come and join us on the day. I plan to bring a few well known friends to make this a very special day."

Daniel has choreographed and filmed a special six-minute exercise video at locations across the Fylde coast and people are encouraged to head

07 ISSUE 168



to www.fitterfyldecoast.nhs.uk to watch the video and sign up to take part.

He added: "We had a great time filming the video. It's all disco music in celebration of the fact Nile Rodgers and CHIC are playing at Lytham Festival on the night of the record attempt and, regardless of how fit you are, the routine is suitable for all so sign up and give it a go."

CCG clinical chief officer Dr Tony Naughton, a Thornton GP, said: "Nationally 40 per cent of children start secondary school overweight and 20 per cent are obese. What we are really keen to do is promote a healthier lifestyle across the Fylde coast so people can start looking after themselves and their loved ones."

"We need to get more than 5,000 people dancing to the video if we are to break the world record so it would be great to see lots of people coming out to support this event. It should be a lot of fun and a great way to celebrate our 70th birthday."

"This is an opportunity for your children to be part of a Guinness World Record and to receive a certificate as a special memento."

The world record attempt will take place in the main arena at Lytham Festival from 11am on Saturday July 21. To register, visit www.fitterfyldecoast.nhs.uk

Events help increase Dementia awareness

THE Trust held a number of events to mark Dementia Action Week.

Local spokesman for dementia, Peter Lytle, who lives with vascular dementia, opened the day with a speech about his life with the syndrome. Local dance school JLC Dance entertained the crowds.

Many agencies held information stalls and there was a special raffle held in order to raise money for Trust charity Blue Skies Hospitals Fund's Peace of Mind Appeal which supports dementia patients around the Trust. This raised more than £600.

The Notarianni family sold their delicious ice creams in Blackpool Victoria Hospital's main entrance as part of the special week and raised £726 for the Peace of Mind Appeal.

Clifton Hospital also held a variety of events including a Dementia Action afternoon, tea parties, training and hosting a children's choir. Dementia is not a specific disease. It's an overall term that describes a group of symptoms associated with a decline in memory or other



thinking skills severe enough to reduce a person's ability to perform everyday activities.

Andrew Heath, Patient Experience Lead at Blackpool Teaching Hospitals NHS Foundation Trust, said: "This is a significant event that the hospital hosts that is always well attended.

"It is an event that provides a great opportunity for organisations to raise awareness of the services they provide to people affected by dementia as well as opportunities for networking with hospital teams.

"This year was no different with all the organisations who attended speaking positively about the contacts they made. It once more placed dementia awareness at the forefront of our patients' experience."

Return of the magical Camerados teepee

A TEEPEE is set to return to Blackpool Victoria Hospital after the success of pilot initiative last year.

The hospital joined forces with social movement Camerados to place a 15ft teepee in its main entrance as a meeting area for people and a way of bringing people together to talk about issues that may have been affecting them

This was the first time such a campaign had been brought to a hospital setting anywhere in the world and the feedback was excellent.

Patient Experience Lead for Blackpool Teaching Hospitals NHS Foundation Trust, Andrew Heath, who invited Camerados to work with the hospital, said: "Putting a hospital in a tent is easy; putting a tent in a hospital - now that's something special."

"Social connection is intrinsic to person centred care. Camerados and the teepee gave permission for this to happen.

"The teepee encouraged people to connect and reminded us how to be human.

"By creating a safe and welcoming place, staff, patients and visitor were able to see beyond their roles and connect with each other.

During the three week period that the teepee was in the main entrance last year, thousands of people shared their own experiences of the connections they had made with others and the space itself. Many called for the teepee to remain, praising both Camerados and Blackpool Teaching Hospitals.

Camerados started with a belief in a simple but



powerful idea, that you beat tough times by getting two things: friends and purpose.

They believe that the best way to get these two things is to look out for each other, encouraging and enabling people in tough times to help others in the same boat, as equals.

Camerados founder, Maff Potts, said: "Camerados is a movement that creates spaces and places where people get alongside as equals and look out for each other. Not fixing each other, just being there."

"It's nothing new but strangely rare. We're really excited about the potential of the teepee to allow people to create connections and support each other, and are thrilled to be working again with Blackpool Victoria Hospital. We hope that thousands of people will experience the magic of the teepee this summer."

You can find out more about the 2017 pilot and this year's project here: <https://www.camerados.org/humanhospitals>. The teepee will be open 24 hours a day, seven days a week from June 22 until September.